

Keep young brains sharp with these crispy delights, packed with essential vitamins and minerals.

EDUCATION SECTOR: Secondary

SERVINGS: 10

ALLERGENS: Egg, Milk



Loaded Courgette Fritters

Ingredients

FOR THE FRITTERS

750g Courgette, grated
250g Carrots, grated
150g Cheddar cheese, grated
225g Gluten Free Self Raising Flour
4 Medium Eggs

[10g KNORR Professional Vegetable Powder Bouillon](#)

FOR THE TOPPING

20g Margarine
250g Onions, sliced
200g Yellow peppers, sliced
200g Red peppers, sliced
250g Aubergine, sliced
[100g KNORR Professional Tomato & Basil Concentrated Sauce](#)
100ml Water

FOR THE GARNISH

400g Lettuce
100g Cheddar, grated

Method

FOR THE FRITTER

- Squeeze any excess liquid from the vegetables, place into a bowl, add the remaining ingredients and mix.
- Gently push into a lined oven tray roughly 2" deep, then place into the oven and bake for 25 minutes at 160°C until golden.

FOR THE TOPPING

- Slowly cook the onions, peppers and aubergine in the margarine for 30 minutes until soft then add the KNORR Professional Tomato & Basil Concentrated Sauce and pour in the water.
- Bring to the boil then reduce the heat and simmer for 5 minutes.

TO FINISH / SERVE

- Shred the lettuce and add to a take-away container.
- Cut the fritter into portions and place on top of the lettuce then spoon over the onion and pepper mix.
- Finish with the grated cheese.



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